### NATURE'S GREAT DISINFECTANT.

Duran Marcalland James Marcalland Brown Day

Let the Sunlight Reach Every Corner of the House and Destroy the Germs. Mundlem Mundlem Many Many Many Many

that this wonderful light, which promotes the growth of useful plants and sustains animal life, at the same time sorts of germs which are brought in contact with it. \_It is this fact alone | ilization. which renders the earth inhabitable. Germs develop with such marvelous rapidity that they would quickly over- arms are almost or entirely bare, even whelm us by their very numbers if not constantly destroyed by the sun. clate their overcoats. This practice A little computation will readily show this. Some germs are capable of such rapid multiplication that they may double every fifteen minutes under favorable conditions of temperature tuberculosis. and food supply. Estimate the number of germs which might be produced in a single day of twenty-four hours, or ninety-six doublings. The number would be more than thirtytwo thousand billion billions, or sufficient to cover eighty thousand square miles a foot deep, or fill a space of more than, fifteen cubic miles. The increase of a minute organism occupying a cubic space of not more than one twenty-thousandth of an inch to such prodigious magnitude is beyond comprehension, and practically cannot occur; for while the germ may grow at this immense rapidity for a short time, the poisons which it produces become destructive to itself. The material upon which it the age of twenty-one, and one-fourth feeds is also exhausted, so that its growth ceases.

Doubtless all have noticed the fact that mold grows during the night and in dark, damp cellars. Bright sunlight quickly destroys germs, mold, and other parasitic organisms. Diffused daylight does not act nearly so rapidly, but accomplishes in the course of a few hours what bright sunlight is capable of doing in a few minutes. It is clearly evident, then, that in order that our houses should be kept free from germs, they, like The shutters should be opened, the curtains raised, and the light admitted to every room in the house, closets included, so that the disinfecting every nook and corner of the dwell-

### Occupation and Tuberculosis.

The influence of occupation as a cause of consumption is shown by Dr. J. M. French in the Medical Exam-

At least four classes of employments ments have a tendency to favor, the development of tuberculosis. They are:

1. Sedentary employments in illventilated apartments, involving confinement in impure air, and other unwholesome conditions. This class of occupations is typified by the called swet-shops for the manufacture of various articles of clothing.

2. Employments which necessitates the inhalation of irritating dust and noxious vapors. Such are those of stone-cutters, bleachers, matchmakers, file-cutters, grinders, engravers.

3. Employments which involve the overuse or abuse of certain muscles. These are athletes, prize fighters, gymnasts, wrestlers, professional bicycle riders, ball players, etc., a large proportion of whom die eventually of phthisis.

4. Employments which involve undue familiarity with intoxicants. These are those connected with manufacture and sale of wine, beer and the various classes of alcoholics. Tatham's tables show that, taking the average mortality from consumption at one hundred, that of publicans is one hundred and forty, of brewers one hundred and forty-eight and of bartenders two hundred and fifty-seven.

Overcoming Hereditary Tuberculosis. Much is being said nowadays respecting the out-of-door treatment of tuberculosis, a disease which, while rarely directly transmissible by heredity, is one the predisposition to which is in the highest degree hereditary. It has been clearly shown by numerous experiments in various parts of the United States that out-of-door life with regular hygienic habits, irrespective of altitude or special climatic advantages, is capable of so aiding the natural powers of the body as to effect a cure of this formidable malady without the use of drugs of any

Tuberculosis is a disease of civilization. It scarcely exists among savages who live in the primitive state, but quickly appears among such people when the habits of civilization are adopted, especially the indoor life. The South American monkey and the North American Indian alike fall victims to this disease when shut away from the sunlight and active exercise out of doors.

The time is not far distant when every large city will find it necessary to provide conveniences for the application of this simple curative measure, not only for the purpose of rescuing the victims of pulmonary tuberculosis from the certain fate which awaits them, but as an essential measure for protecting the public health.

Health Observations Abroad. One of the most pitiful sights in England is to see young women acting as barmaids in the public drinking places, and to see women elbowtheir way to the bar and then stand there, shoulder to shoulder with

Nature's great disinfectant is sun- | a crowd of coarse, half-drunken men, light. It is a most interesting fact and with them partake freely of intoxicating liquor. Unfortunately, this painful sight is not at all rare, and it is quite common to see drunken womdestroys by its very brightness all | en reeling about in the streets. What a sad commentary on our modern civ-

In Copenhagen it is the custom to dress young schoolgirls so that their in weather when Americans apprenecessarily chills the blood, and tends to produce congestion of the internal organs, and undoubtedly lays the foundation for colds, pneumonia and

Tuberculosis is making sad havoc among the urban population of Norway. It is pitiful to note how this plague is decimating this once hardy race. Sedentary life, indoor confinement and defective ventilation are undoubtedly the most prolific causes. for fifty per cent of the tubercular cases make a satisfactory recovery when they are sent to some outdoor sanitarium; and what will cure a consumptive would certainly have prevented the onset of the disease.

The liquor curse is undermining the physical stamina of the Swedish race. Liquor drinking among the working classes is almost universal. Onethird of their population die before of those who live, are rejected from military service on account of physical disqualifications.

#### An American Puzzle.

Dr. Lorenz, of bloodless surgery fame, cannot understand how Americans enjoy fair health on a diet that would depopulate any other country.

"The pies, puddings, sauces and innumerable other dishes, most of which are unhealthful in the extreme, partaken of by young and old alike in America, have caused me to wonour bodies, should be made full of life. | der," says Dr. Lorenz, "that the people are not physical and constitutional wrecks."

The secret is to be found in the simple, hardy lives of the forefathers power of light may be exercised in of the present generation. Their vigorous health has bestowed upon the grandchildren wonderful constitutional vigor. But the change from the simple to the luxurious is working havoc. The rising generation have squandered the constitutional capital bequeathed to them and are rapidly becoming physical bankrupts. A halt must be called and the simple habits resumed or the prophecy of Dr. Lorenz will surely be realized.

### BREAKFAST BREADS.

Corn Puffs.-Beat together two and one-half cupfuls of unskimmed milk and the yolks of two eggs, until ther oughly blended. Add two cupfuls of best granulated corn meal. Beat the batter thoroughly; stir in lightly the whites of the eggs, beaten to a stiff froth; turn into heated irons, and bake.

Corn Dodgers.-Scald one cupful of best granulated corn meal, into which a tablespoon of sugar has been sifted, with one cup of boiling milk. Beat until smooth, and drop on a griddle, in cakes about one inch in thickness. and bake slowly for an hour. Turn when brown. If preferred, the baking may be finished in the oven after the first turning.

Hominy Gems.-Beat one egg until very light, add to it one tablespoonful of thick sweet cream, a little salt, if desired, and two cupfuls of cooked hominy (fine). Thin the mixture with one cupful or less of boiling water until it will form easily, beat well, and bake in heated irons.

Sally Lunn Gems.-Beat together the yolk of one egg, two tablespoonfuls of sugar, and one cupful of thin, ice-cold, sweet cream. Add slowly, beating at the same time, one cup and two tablespoonfuls of sifted Graham flour. Beat vigorously, until full of air bubbles, add the white of the egg beaten stiffly, and bake in heated

Cream Corn Cakes .- Into one cup of thin cream stir one and one-half cups of granular corn meal, or enough to make a stiff batter; add one-thirdof a teaspoonful of salt; beat well, drop into heated irons, and bake.

Cream Graham Rolls.-To one-half cup of cold cream add one-half cup of soft ice water. Make into a dough with three cups of Graham flour, sprinkling in slowly with the hands, beating at the same time, so as to incorporate as much air as possible, until the dough is too stiff to be stirred; then knead thoroughly, form into rolls and bake.

Hoecake.-Scald one pint of white corn meal, with which, if desired, a tablespoonful of sugar and one-half teaspoonful of salt have been mixed, with boiling milk, or water enough to make a batter sufficiently thick not to spread. Drop on a hot griddle, in large or small cakes as preferred, about one-half inch in thickness. Cook slowly, and when well browned on the underside, turn over. The cake may be cooked slowly until well done throughout, or, as the portion underneath becomes well browned, the first brown crust may be peeled off with a knife, and the cake again. turned. As rapidly as a crust becomes formed and browned, one may be removed, and the cake turned, until the whole is browned. The thin, wafer-like crusts are excellent served

with hot milk or cream.

This Nation Has Done Its Duty In Premises.

### TO DEPARTMENT.

the status of the negotiations initiat- situation of the United States might ed by President Roosevelt looking to not suffice to prevent the suspicion on n second peace conference, suggested the part of some of the powers that by Lord Landsdowne's reference to the state department's suggestions in the subject in the British parliament, the shape of a program were entirely develops that the state department disinterested. So the whole matter here has completed its functions so has been submitted by the state defar as this matter is concerned, at partment to the executive council least for the present, having remitted with the full approval of all of the it to the executive council of The powers addressed by President Roose-Hague tribunal. This was done, not- velt, and it is expected that very soon withstanding an effort on the part of after the conclusion of the present the German government to outline the war the council will issue a call for program of subjects to be considered the second conference.

ANOTHER CONFERENCE at the second conference. For some have been pleased to have acceded to this German suggestion but it was concluded that to accept it would be to jeopardize the success of the undertaking. It was hoped that conflicting views of the great nations as to the limit that is to be placed on the conference could be more easily reconciled by this active counsel, whose recommendations would be free from any suggestion of leaning toward the interests of any one pow-Washington April 18.-Inquiry into er and even the peculiarly favorably

### GIVE UP ALL HOPE OF SETTLING STRIKE

Chicago, April 19 .- After a confer- that he may die. noon with representatives of the day occurred late in the afternoon at Teamsters' union, Mayor Dunne and the Intersection of State and Madison nounced that he had practically giv- avenues. A mob numbering fully en up all hope of settlement of the 2,000 gathered about a State street trouble.

ings. "

one of them being beaten so badly ed to drive away the crowd.

ence held in his office late this after- The most serious disturbance of the cable car on which James Jackson "I will hold conferences tomor- and Moses Flood, two colored men row, '' said the mayor, '' with repre- who had driven a wagon to Montgomsentatives of both sides, but I have ery, Ward & Co.'s, were riding. Stones no idea at the present time that and sticks were hurled at the car, and anything will result from the meet- in a twinkling every window in it was smashed. Two policemen rushed in-There were numerous disturbances to the car and in order to protect the in the streets during the day and oth- colored men from the crowd placed ers around the freight houses. Sev- them under arrest. A riot call was eral non-union men on their way home sent to the central station, and it rewere followed by strike sympathizers. quired twenty officers, who respond

## **CANNOT FIX LIMIT** ON HOURS OF LABOR

preme court of the United States held | Justice Peckham said that the law is to be unconstitutional the New York not an act merely fixing the number state law making ten hours a day's work and sixty hours a week's work in bakeries in that state. Justice Harlan, White, Day and Holmes dissented tion on the employer permitting under and Justice Harlan declared that no any circumstances more than ten more important decision had been rendered in the last century.

The opinion was handed down in the case of Lockner vs. The State of court holding Lockner guilty. Judge York court of appeals supporting the law, and the court divided four to three on the question of validity.

law prescribing the hours of labor in York appellate courts.

Washington, April 19. - In an Today's opinion dealt entirely with opinion by Justice Peckham the su- the constitutional question involved. of hours which shall constitute a legal day's work, but an absolute prohibihours' work to be done in his establishment. He continued:

"The employe may desire to earn the extra money which would arise New York, and was based on the from his working more than the preground that the law interferes with scribed time, but this statute forbids the free exercise of the rights of contract between individuals. The court ploye to earn it. It necessarily interof appeals of the state upheld the law feres with the right of contract beand affirmed the judgment of the trial tween the employer and employes concerning the number of hours in Parker wrote the opinion of the New which the latter may labor in the bakery of the employer. The general right to make a contract in relation to his business is part of the liberty The law involved in the case is sec. of the individual protected by the 14th tion 10 of the New York state labor amendment to the federal constitution. Under that provision no state bakeries in the state. Lochner is a can deprive any person of life, liberty baker in the city of Utica, and was or property without due process of found guilty of permitting an employe law. The right to purchase or to sell to work in his bakery more than sixty the labor is part of the liberty prohours in a week and fined \$50. The tected by this amendment unless there judgment was affirmed by the New are circumstances which exclude the

## **Neutrality Question** Schemes of Reform

fleets the London morning papers are nationality of the cruisers. keenly discussing the neutrality ques- St. Petersburg. - The reform ele

skol and Bion were scouting outside sian vessels.

night sighted a strong fleet of cruis- styos early in May.

### Fifth Loan Arranged.

London, April 19,-The correspondent at Tokio of the Standard says that a fifth domestic loan of \$50,000,000 has been satisfactorily arranged on the same terms as the fourth.

### Admiral Schwartz Dead.

St. Petersburg, April 15.-Admiral frigate Niagara in laying the first Atlantic cable in 1857, is dead. Admiral Schwartz, who was the author of several books on technical subjects, visited America several times.

London, April 18.-In the absence ers off Bombay reef, steering south of further information regarding the and using search lights. The North position of the Russian and Japanese Anglia was unable to distinguish the

tion, for the most part in a strong pro- ments of the various persuasions are Japanese tone. The Morning Post busily elaborating schemes of new govtakes the milder view that Kamranh ernmental machinery, but without Bay is a mere fishing port and unable co-ordination, and unless the various to provide coal or other supplies to the elements come together in some such Russian squadron, which probably organization as that proposed by the took shelter there to replenish from barristers at their recent congress its own colliers and that, though a here the projected reform is likely to technical breach of neutrality had suffer from the multiplicity of views been committed the French authori- and aims. Three distinct assemblies ties could hardly be held responsible of liberals were in session in St. Petunless it can be proven that they had ersburg-the engineers, the literaprevious knowledge of Rojestvensky's tures and a group attempting to form a new moderate constitutional party The Daily Mail's correspondent at -and today there will be the opening Singapore gives a further report from meeting of an assembly of provincial the North German Lloyd steamer journalists. The literatures' session Prinz Heinrich that on Friday, April was barren of results, the meeting of 14, the Russian cruisers Dmitri Don- engineers which was held privately was discovered and dispersed by the the bay, while a tug was bringing col. police before it passed the preliminliers alongside of warships which ary stage, and the moderate constituwere coaling and that many boats tionalists, after a two days' session, were transferring provisions to Rus- were unable to agree on a program to which it wished to commit the new The correspondent at Hong Kong party. The meetings will be held to of the Daily Mail reports that the endeavor to formulate a working plan steamer North Anglia late Friday before the congress of modern zem-

### FALSE ALARM OF FIRE.

Four Newsboys Are Crushed to Death in Stampede.

Indianapolis, Ind., April 19.-Frenzied by a false alarm of fire, several hundred eager newsboys, struggling to obtain their share of free tickets to a local theater, which were being Schwartz, who assisted on board the distributed by a traveling representative of a patent medicine company, stampeded in a narrow stairway in the Masonic Temple tonight, crushing the life out of four boys and seriously injuring several others.

HER HEART WAS TOUCHED.

nate Foreign Noblemen.

"No," said the heiress, "I have made up my mind that I shall not street, Chicago, Sachem of Tecumseh marry the Count. I cheerfully admit Lodge, says: that I should like to have a title. And I rather like the Count. He is handsome, dignified, courteous and goodnatured, and I think he would be liberal with my money if he had it. But, you see, there are so many other impecunious noblemen and my heart bleeds for them all. They have been brought up to marry American heiresses to go round-and some of them won't go. Something ought to be done for these unfortunate people."

do?''

"Why, I thought of establishing a unfortunate nobleman to get work only positive cure I know." when, owing to his inability to marry an heiress, he is forced to look for a

All Up-to-Date Housekeepers use Defiance Cold Water Starch, because it is better, and 4 oz. more of it for same money.

#### True Greatness.

True greatness, first of all, is a tral office at Belgrade. hing of the heart. It is all alive with robust and generous sympathies. It is neither behind its age nor too far before it. It is up with its age, and about of it only just so far ag to be ahead of it only just so far as to be stock, Mention this paper. able to lead its march. It cannot slumber, for activity is a necessity of its existence. It is no reservoir, through one's brain is of little good but a fountain .- President Roosevelt, when the conductor won't obey or

Many Children Are Sickly. Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Of body and mind, always result from Home, New York, Cure Feverishness, Headache, Stomach Troubles, Teething Disorders, Break up Colds and Destroy Worms. At all Druggists', 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Buried With Cherished Handkerchief. dry his tears with when he was con- Caldwell's (laxative) Syrup Pepsin. verted at a revival fifteen years ago It relieves the strain on your liver, Samuel S. Hand, a retired employe of the Bennary and Pailsond Company the Blood, strengthens the stomach, the Pennsylvania Railroad Company, and makes it as clean as a whistle. was buried .- Philadelphia Record.

#### The Present Rate Law.

Commerce Commission are to correct all discriminations in railroad rates. If it finds that an unjust rate is in effect, the railroad is notified. If it declines to change it, the Commission can bring suit in Court and if the Court decides in favor of the Commissioners' finding, the railroad must obey, or its officers may be brought up for contempt of court and summarily dealt with. Is because made by an entirely different process. Defiance Starch is unlike any other, better and one-third more for 10 cents.

### Chinese Fruit Farming.

and ripened off the plant. The Chi- of his reward. nese farmer is too anxious to sell his crop or too much afraid of thieves to wait until the fruit is properly ripen-

### BABY'S AWFUL ECZEMA.

Face Like Raw Beef-Thought She Would Lose Her Ear-Healed Without a Blemish-Mother Thanks Cuticura.

"My little girl had eczema very bad when she was ten months old. I thought she would lose her right ear. It had turned black, and her face was like a piece of raw meat, and very sore. It would bleed when I washed her, and I had to keep cloths on it day and night. There was not a clear spot on her face when I began using Cuticura Soap and Ointment, and now it is completely healed, without scar or blemish, which is more than I had hoped for. (Signed) Mrs. Rose Ether, hoped for. (Signed) Mrs. Rose Ether, 291 Eckford St., Brooklyn, N. Y."

### Growth of Crystals.

There is no limit to the minuteness of fragments which may under favorable conditions grow into perfect crystals no bounds as to the time during which the crystaline growth may be suspended and then continue again.

ALL BROKEN DOWN.

Heiress Had Scheme to Help Unfortu- No Sleep-No Appetite-Just a Continual Backache.

Joseph McCauley, of 144 Sholto "Two years ago my



ney Pills; but four boxes of this rem-"And what do you propose to edy effected a complete and permanent cure. If suffering humanity knew the value of Doan's Kidney Pills they free employment agency to aid the would use nothing else, as it is the

> For sale by all dealers. Price 50 cents, Foster-Milburn Co., Buffalo, N.Y.

### Help Servian Farmers.

There are no less than 540 agricultural societies scattered over Servia which distribute modern agricultural machinery and implements among the farmers. These societies have a cen-

Talking machines-Victor and Edi-

The train of thought rushed ders.

#### Miserable Conditions

a torpid liver, which leads to bile poisons being absorbed into the blood, and poisoning all the nerves and tissues. This dreadful state, some of the symptoms of which are headache, bitter taste, nausea, lack of appetite, yellow complexion, constipation, etc., With the handkerchief he used to can be quickly cured by taking Dr. The result is perfect health, and freedom from pain and discomfort. Try it. Sold by all druggists at 50c and The duties of the present Interstate \$1.00. Money back if it fails.

### Donates Library to Town.

John Q. Packhard a rich Californian, is having a \$75,000 library building erected for Marysville, Cal., because he got his 'start in life' 'there.

### Why It Is the Best

Keeping a man down that there's All Chinese fruits are picked green anything in will give him the benefit



A Marvel of Relief

Lumbago

It is the specific virtue of penetration in this remedy that carries it right to the pain spot and effects a prompt cure.

# THE SECRET

### The Door Stands Wide Open.

To refute the many false and malicious attacks, bogus formulas and other untruthful statements published concerning Doctor Pierce's World-famed Family Medicines the Doctor has decided to publish all the ingredients entering into his "Favorite Prescription" for women and his equally popular tonic alterative known as Dr. Pierce's Golden Medical Discovery. Hereafter every bottle of these medicines leaving the great Laboratory at Buffalo, N. Y., will bear upon it a full list of all the ingredients entering into the compound. Both are made entirely from native roots, barks and herbs.

atory at Buffalo, N. Y., will bear upon it a full list of all the ingredients entering into the compound. Both are made entirely from native roots, barks and herbs. The ingredients of the "Golden Medical Discovery" being Golden Seal root, Queen's root, Bloodroot.

Why is it so many have been strengthened and benefited by the tonic effect of Dr. Pierce's Golden Medical Discovery? It is because at this time of the year may be the same people feel run-down, nerveless, sleepless and worn out. Poisons have accumulated in their body during the long winter. Their blood stores up a lot of waste product which poisons the system. That is why in the spring and early summer a tonic is almost a necessity. Dr. Pierce's Golden Medical Discovery has been such a favorite the year, so is it true that a tonic made up entirely of medicinal plants, without the use of alcohol, is the proper medicine to take at this time of the year, so is it true that a tonic made up entirely of medicinal plants, without the use of alcohol, is the proper medicine to take at this time. It fills the blood with rich, red blood corpuscles. It gives you a feeling of strength, and it puts sunshine into your system as no other remedy can. That is why Dr. Pierce's Golden Medical Discovery has been such a favorite for the past forty years. He is not afraid to open his laboratory to the public, and the least. Could also do as much work in a day as a lever could. I have not suffered from the trouble since."

Dr. Pierce's Gooden medical Discovery has been such a favorite for the past forty years. He is not afraid to open his laboratory to the public, and the least. Could also do as much work in a day as a lever could. I have not suffered from the trouble since."

Dr. Pierce's Gooden medical Discovery has been such a favorite for the past forty years. He is not afraid to open his laboratory to the public, and labor